



# K A N S A S

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## Frequently Asked Questions About Mumps

- 1. What are the symptoms of mumps and how will I know if I have mumps?**  
Most people start with fever and generally do not feel well. This is then followed by swelling of the parotid glands, the most common symptom of mumps. These are glands on both sides of the jaw, just below the ears. Other salivary glands located under the jaw may also be involved. When the glands are swollen, they are usually tender, too.
- 2. When should I see a doctor?**  
If you think you have mumps, please do not go to school or work, and call your doctor. Persons diagnosed with mumps should stay home for 9 days after symptoms began.
- 3. Will I get mumps by being in the same room with a patient or visiting a health clinic with a patient?**  
Mumps is primarily spread by sneezing or coughing. If you are within 3 feet of a mumps patient for more than one hour, you are at increased risk of becoming sick with mumps.
- 4. Will I get mumps if I have had the illness before?**  
Generally speaking, if you truly had mumps, you should not have the disease again.
- 5. What vaccinations do I need for protection? Do I need one dose of MMR vaccine or two doses of MMR vaccine?**  
The MMR vaccine contains components for protection against measles, mumps, and rubella. Two doses are recommended to have full coverage of all three diseases.
- 6. Is there an adult booster shot available?**  
There is no booster shot for mumps. Anyone who had two doses of the MMR vaccine after his/her 1<sup>st</sup> birthday or who has had mumps is considered fully immunized.
- 7. Can mumps be severe, and if so, what are the severe symptoms?**  
Mumps is generally a mild to moderate disease. The most common complication is inflammation of the testicles (orchitis) in adult males. Other complications include inflammation of the lining of the brain (meningitis), inflammation of the pancreas (pancreatitis), and inflammation of the ovaries (oophoritis) in adult females.
- 8. Can mumps be fatal?**  
Most people recover from mumps completely. Few people die from mumps.

**9. How can I protect my child if mumps are found in his/her school?**

The best way to protect yourself and your children from mumps is to be vaccinated. Other measures include washing hands frequently and not sharing cups or water bottles.

**10. Are schools required to notify all parents if one child has mumps?**

Schools are not required, but may choose to notify parents that a case of mumps has been confirmed at the school. The identity or condition of the person who has mumps may not be disclosed.

**11. How sick will I get if I have mumps?**

The most common symptom of mumps is swelling of the glands by the jaw, below the ears. These glands usually return to normal size within a week.

**12. What treatment is available for mumps?**

There are no specific treatments for mumps. Use of pain reliever and warm or cold packs may decrease pain associated with swollen glands.

**13. Are immunocompromised people more at risk for mumps?**

Yes. Immunocompromised people are more at risk for all kinds of infections, including mumps.

**14. Should I stay home from work or school if I have mumps?**

If you have symptoms suggestive of mumps, you should avoid going to school or work, and contact your doctor immediately. Persons diagnosed with mumps should stay home for 9 days after symptoms began.

**15. Why are we seeing mumps in people who have been vaccinated?**

The vaccine is 95% effective in protecting people from mumps. In the other 5%, persons did not develop protective antibodies against the mumps virus. These people may still get mumps.

**16. If we're seeing mumps in people who are vaccinated, why are you recommending the vaccine?**

In 95% of the population, the vaccine is effective in protecting people from mumps.

**17. What long-term consequences could I have from mumps?**

Most people recover from mumps completely. In very rare instances, mumps may result in permanent deafness.

**18. What other precautions can I take to prevent getting mumps besides vaccine?**

Good personal hygiene will protect you from mumps, among many other diseases. This means washing your hands before you eat and whenever you may have touched contaminated things. Because mumps is spread by contact with saliva, you should not

share utensils, drinking glasses, or other objects that may become contaminated with anyone. You should also avoid being around people with mumps while they are sick.

**19. Why is Kansas experiencing an outbreak of mumps at this time?**

We really don't know why. Our investigations in this outbreak and the information from other outbreaks may help us answer that question.

**20. When will it switch from an outbreak to an epidemic?**

Both outbreak and epidemic refer to a period of time when we see a more than expected number of cases of a specific disease. We are currently having an epidemic of mumps.

**21. Are you counting confirmed, probable, and suspect cases?**

We are counting all reported cases of mumps.

**22. Will the mumps outbreak in Kansas continue for a while and could we see a similar case count as Iowa?**

It is difficult to predict the future. With everyone's help, we do hope to contain the spread of disease quickly.